

MAR-APR 2012 | PROGRAMS, SERVICES AND ACTIVITIES

SENIOR CENTER

Activity



fun
MORE THAN YOU IMAGINED

253-931-3016 | www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED

RUMMAGE SALE



FRIDAY & SATURDAY

MARCH 30 AND 31

FRIDAY 9 a.m. - 5 p.m.

SATURDAY 9 a.m. - 2 p.m.

OPTIONS FOR YOU:

SHOP	DONATE	VOLUNTEER
ALL SHOPPERS WELCOME	CLEANING HOUSE? DONATE YOUR ITEMS!	AND YOU GET TO SHOP EARLY

DROP OFF DONATIONS BEGINNING MARCH 27 OR CALL 253-931-3016 FOR ITEM PICKUP

Auburn Parks, Arts & Recreation
Senior Activity Center
808 Ninth Street SE
253-931-3016 | www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED

MAYOR

Peter B. Lewis

CITY COUNCIL

Nancy Backus
John Holman
Wayne Osborne
John Partridge
Bill Pelosa
Richard Wagner
Largo Wales

PARK & RECREATION BOARD

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Greg Dobbs
David Domenowski
Vicki Gilthvedt
Michael Hassen
Julie Parascondola
John Webley

PARKS, ARTS & RECREATION

Daryl Faber, Director

2011/2012 SENIOR CENTER ADVISORY COUNCIL

Rich Beard	Lily McMahan
Peggy Carpenter	Dolph Swanson
Cherie Cook	Helen Thompson
Shirley Goodhue	Lynette Turner
Gerrie Green	Ron Walker
Bob Hougardy	Nelva Whitt
Bruce Kolsky	Tom Williams
John Larson	Karen Wright
Merele McCain	

STAFF

Radine Lozier
Senior Center Supervisor

Karen Heide
Senior Center Asst.

Rocky Kirwin
Recreation Coordinator

Peggy Strain
Nutrition Site Manager
Catholic Community
Services

Cindy Whitman
Program Specialist

Janet Koch
Office Assistant

Cover Picture: Wanda and Wanda at the 2011 Celebration of Aging Luncheon.

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HOURS

Monday - Wednesday 8A - 9P
Thursday - Friday 8A - 5P
Activity Registration 8A - 5P

COMING IN MAY-JUN

- | | |
|---------------------------------|--------|
| • MOTHER’S DAY LUNCHEON | MAY 11 |
| • CELEBRATION OF AGING LUNCHEON | MAY 18 |
| • FISHING DERBY | JUN 9 |
| • FATHER’S DAY LUNCHEON | JUN 15 |

DEAR READERS,

As I write this, the ground is covered in snow and ice. Before we know it, spring will come to Les Gove Park. The cherry blossoms will be in full bloom, the walking trail will be full of people enjoying the great outdoors, and the Senior Center will be full of people glad to get out of the house. Now is the perfect time to visit the Center and get involved in all we have to offer.

It is also time for “spring cleaning”. As you clean, remember to bring your rummage to the Senior Center the week of March 26 for our annual Rummage Sale. The sale is March 30th and 31st. Volunteers are needed to help all week. Register for a shift(s) at the front desk.

Staff has been busy planning many classes, trips, and outdoor events for you to enjoy. Stop by and register for some spring time fun.

Radine

Radine Lozier
Senior Center Supervisor



ADVISORY COUNCIL

Meets the 3rd Tuesday of the month		
MARCH 20	TU	10-11:30A
April 17	TU	10-11:30A

The council is a diverse group of Center participants who meet with staff monthly to discuss ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Meetings are the third Tuesday of each month at 10:00 a.m. All are welcome.

ADVISORY COUNCIL HIGHLIGHTS

December

We reviewed the special events and holiday meals. There was concern regarding participants that cannot stand in line prior to entering the dining room at these large events. We decided that participants with limited mobility will be seated first and that staff will try to have more chairs available in the lobby for seating.

January

Turn out for the meeting was low due to the fact that there was still a little snow on the ground following the snow storm the day before. Those in attendance did meet. We reviewed the new Wishing Well suggestions and updated past suggestions. A hand sanitizer has been installed in the women’s restroom for those unable to reach the soap dispensers above the sinks.

NEW ADVISORY COUNCIL

Thanks go to outgoing council members:

Ilene Atkinson
Gene Cerino
Barbara Derda
John Grasby
Bob Lightell
Barbara Malesis
Becky Moore
Yvonne Nicholson

Welcome to new members:

Rich Beard
Shirley Goodhue
Gerrie Green
Lily McMahan
Dolph Swanson
Helen Thompson
Lynette Turner
Ron Walker
Nelva Whitt

WISHING WELL SUGGESTION OF THE MONTH
December

No suggestions were made.

January

The suggestion of the month came from Blonde Day. She suggested that we install cane hooks at the coat racks so participants have a place to hang their cane while taking off their coat. Staff is working on having the hooks installed.

Keep those good ideas coming.

FACEBOOK

The Auburn Senior Activity Center now has a Facebook page. If you have a Facebook page please find us and like us. You will be the first to know what's going on at the senior center.

**IN CASE OF SNOW**

Call the Senior Center to make sure we are open **BEFORE** attempting to drive or walk here. We make every effort to keep the doors open and services available, but don't encourage folks to come down when roads and sidewalks are dangerous. Even if the doors are open, classes or activities might be cancelled.

A good rule of thumb: If Auburn Schools are cancelled; Senior Center classes, activities and the Catholic Community Services lunch program will be cancelled.

Note: Threat of snow or icy roads may also result in cancellation of "Extended Hours" on Monday, Tuesday, and Wednesday evenings. Please call before you make a trip down.

RUMMAGE SALE

This year's Rummage Sale is March 30 and 31. We will need LOTS of stuff, LOTS of help, and LOTS of shoppers. See inside front cover ad for more details.

NATIONAL VOLUNTEER WEEK

April 16– April 20 is designated as National Volunteer Week. In honor of all Auburn community volunteers, we are once again hosting a special luncheon. See details on page 10.

WELLNESS RAFFLE:

In an effort to raise money for the Wellness Program, The White River Valley Museum is sponsoring a raffle, with proceeds going to Senior Center Wellness program. Plan now to win a filled basket of fun. Tickets are \$1.00 each. You need not be present to win. Winner will be drawn April 19th at the Volunteer Luncheon. Buy a ticket and support wellness

KING COUNTY METRO- ORCA CARD

at Auburn Senior Activity Center. A representative will be here on the third Wednesday of every other month. See Page 29 for Details.

**BOOKS and MORE BOOKS!**

Our library and always appreciates paperback books donations.

**WE NEED YOU**

Below are some of our current volunteer needs. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

CURRENT NEEDS**COMPUTER TUTORS NEEDED****RESPIRE (ADULT DAYCARE) VOLUNTEER**

Tuesdays and/or Fridays 10A– 3P

BARISTA

Monday 12-3

Wednesday 12-3

OFFICE VOLUNTEER

Office Volunteer Substitutes. We will train you.

KITCHEN

Scrappers M-F

Dishwashers M-F

Kitchen Assistants M-F

RUMMAGE SALE WORKERS MARCH 27-31**VOLUNTEERS, LET'S CELEBRATE BIRTHDAYS**

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch during the month of your birthday.

ONGOING ACTIVITIES - DAYTIME

MAH JONGG

Wright Patterson AFB Rules

Mondays	10A-12P
	12:45-2:30P

SCRABBLE®

Mondays	1-4:30P
Fridays	1-4:30P

CANASTA ~ NEW

Tuesdays	9:30A - 11:30A
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BINGO

1 st and 3 rd Tuesdays	12:45-2:15P	Free
	sponsored by	Parkside Retirement Community

COMPUTER TUTOR

Mondays	1:30-3:30P	Free
Tuesdays	12-3P	Free
Fridays	10-12P	Free

OPEN JAM AND DANCING

2nd & 4th Wednesday	10-11:30A	Free
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FOOTCARE BY APPOINTMENT

Provided by Karen's Foot Care

Mondays	\$27
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MASSAGE BY APPOINTMENT

Provided by Leslee

Tuesdays	10A-3:30P
\$20 for 15 minutes; \$33 for one-half hour; \$53 for full hour	

PINOCHLE PARTIES

Tuesdays and Thursdays	12:45-3:30P	Free
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CONTRACT BRIDGE

Fridays	10A-12P	Free
	12:45-3P	Free

MONTHLY BOOK CLUB

3 rd Tuesdays	1-3P	Free
For book choices see page 10.		

POOL

The Pool Room is open for drop-in play daily;

Friday tournaments 12:45P

1st Wednesday Scotch Doubles 12:45P

GONE TO THE MOVIES

The Senior Activity Center is licensed to show movies.

Join us for first run movies and an occasional classic.

Movies and Refreshments Sponsored by:

Wednesdays 1P and 4:30P



We will show the movie twice on Wednesdays

Second showing starts at 4:30pm **starting April 18th.**

MAR 7 MIDNIGHT IN PARIS

(PG-13 for some sexual references and smoking) Comedy, Fantasy, Romance starring Owen Wilson and Rachel McAdams; 1 hour, 34 mins

MAR 14 CAVE OF FORGOTTEN DREAMS

(G) Documentary narrated by Werner Herzog about the earliest known, Paleolithic-era art. It is stunning in its artistic and historical revelations. This movie was requested and is said to be fantastic. 1 hour, 30 mins

MAR 21 RISE OF PLANT OF THE APES

(PG-13 for intense and frightening sequences of action and violence) Action, Drama, Sci-fi starring James Francos, Freida Pinto and John Lithgow; 1 hour, 45 mins

MAR 28 NO MOVIE

Rummage Sale set up.

APR 4 THE DESCENDANTS

(R for language including some sexual references) Comedy, Drama starring George Clooney and Shailee Woodley; 2 hours

APR 11 DOLPHIN TAIL

(PG for some mild thematic elements) Family, Drama starring Harry Connick Jr., Ashley Judd and Morgan Freeman; 2 hours

APR 18 TOWER HEIST

(PG-13 for language and sexual content) Action, Comedy, Crime starring Ben Stiller, Eddie Murphy, Casey Affleck, Alan Alda and Matthew Broderick; 2 hours, 4 mins

APR 25 A BETTER LIFE

(Rated PG-13 for some violence, language and brief drug use) Drama starring Demian Bichir and Jose Julian; 1 hour, 38 mins



MONDAY SUPPER CLUB

Join us once a month for Supper Club. Leave the cooking to us and support the Wellness Team.

Why not bring the whole family? All ages are welcome.
To aid in planning, please pre-register by calling or stopping by the front desk.

MARCH

MAR 19	M	4:45- 5:30P	\$6	36442
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Beef Stew, biscuits, chopped salad and ice cream

APRIL

APR 16	M	4:45- 5:30P	\$6	36443
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Ham and scalloped potatoes, mixed vegetables, pineapple upside down cake.



SENIOR DINNER
AUBURN REGIONAL MEDICAL CENTER

March 29	Sleep Health and Aging
April 26	Bone and Joint Health"
May 31	Preventative Medicine-Talk To Your Doctor

Please call 1-800-370-8640 at least one week prior to dinner to register.

SENIOR CENTER EVENING HOURS

Remember we are open Monday – Wednesday evenings from 5 pm – 9 pm. Join us for an evening of fun or relax with a good book by the fire.

Mondays	Pinochle
Tuesdays	Mexican Train Dominoes
Wednesdays	Movie

ONGOING ACTIVITIES - EVENING

MONDAY

COMPUTER LAB

Open for drop-ins

PINOCHLE PARTIES

5:45-9P, No Pinochle - JAN 16 & FEB 20

TUESDAY

MEXICAN TRAIN DOMINOES

6-9P FREE

COMPUTER LAB

Open for drop-ins

WEDNESDAY

COMPUTER LAB

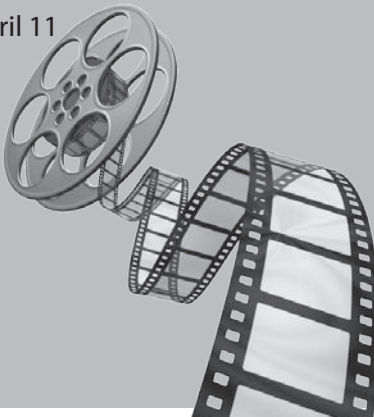
Open for drop-ins

POOL ROOM

Open for drop-in play Monday-Wednesday

MOVIE

No Evening
Movies
February - April 11



POOL TOURNAMENTS

6-9P (Sign up by 5:45P)

1ST MONDAY

Mixed Doubles 8-Ball

2ND MONDAY

Ladies 8-Ball

3RD MONDAY

Mixed Doubles 9-Ball

4TH MONDAY

Ladies 9-Ball

SENIOR COFFEE HOURS WITH THE MAYOR AND COUNCILMEMBERS

THURSDAY Deputy Mayor Nancy Backus
MARCH 8
10-11A

THURSDAY Mayor Lewis
APRIL 12
10-11A

The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Council members or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served..

Deputy Mayor **Nancy Backus** is the chair of the Finance committee and a member of the Planning and Community Development Committee and the Downtown Redevelopment Committee. She is also a member of these additional committees; National League of Cities Finance and the Administration & Intergovernmental Relations Committee and the Valley Regional Fire Authority Board.



Mayor **Pete Lewis** was elected to his current office in January of 2002 after having served as a city councilmember since 1998. He is currently serving in his third term. He is a strong believer in community involvement; he has always been active in a variety of local organizations and encourages others to do the same. Mayor Lewis has been committed to working in partnership to increase business development while keeping the sense of a small town community whole.



CHERYL SALLEE ART GALLERY

Auburn Senior Activity Center participants will share their talents in November and December. Take a moment to appreciate the great artistic ability from your friends here at the center. If you would like to show your art contact staff member Rocky Kirwin.

MARCH - APRIL

Marina Shats

Acrylic on canvas paintings showcase skill and humor

SENIOR/STAFF POOL GAME

MAR 8 TH 1 - 3P

It is time for our annual challenge – the Parks Department Staff will play the Senior Centers in pool. Come out and cheer for your favorite team!

OPEN JAM AND DANCING

MAR 14	W	10-11:30A
APR 11 & 25	W	10-11:30A

Join us for Music and Dancing on the 2nd and 4th Wednesday of the month. If you are a musician you are welcome to join in. Or if you just like to listen to great music or like to dance, please join us. After the music and dancing are over please join us for lunch. NO OPEN JAM MARCH 28 due to Rummage sale set up.



INCOME TAX PREPARATION

Beginning in February and continuing until April 11th AARP trained tax counselors will be on hand on Monday and Tuesday mornings and Wednesday evening to help complete your 2011 income tax forms. Call the Senior Center, (253) 931-3016 for an appointment.

SPECIAL EVENT SEATING PROCEDURES:**Groups of 10 or more:**

If you have a group of 10 or more people that would like to sit together at the special luncheons please let us know at the front desk and we will reserve a table for you.

Limited mobility seating:

We will be seating those with physical limitations first.

ST. PATRICK'S DAY LUNCHEON

MAR 16 F 11:30A- 1P 36402

Enjoy a traditional Irish feast featuring corned beef and cabbage while being entertained. Featuring: Buddy Holly aka Ryan Coleman.

Pre-register and get a ticket at the front desk. Cost: \$3 suggested donation. Under 60-\$5.75

**CLEANING HOUSE?****SENIOR ACTIVITY CENTER RUMMAGE SALE**

Friday and Saturday, March 30 and March 31

Options for you:

- Drop Off Your Donations –Hold until Tuesday, March 27, if possible
- Call for Item Pickup
- Volunteer to help and you will get to shop early on Thursday, March 29 following 3pm volunteer meeting.
- All shoppers welcome Fri 9 a.m.-5p.m. and Sat 9 a.m.-2 p.m.



2011 Rummage Sale

EASTER LUNCHEON

APR 5 TH 11:30A- 1P 36403

Celebrate the arrival of spring at our annual Easter Luncheon. Pre-register and get a ticket at the front desk. Cost: \$3 suggested donation Under 60-\$5.75





NATIONAL VOLUNTEER WEEK "AUBURN'S BLUE PRINT: COMMUNITY VOLUNTEERS"

APR 19 TH 11:30A- 1:30P 36448

Fee:

Senior Center Volunteers and participants — \$4.50

suggested donation

All Others — \$8

Hundreds of volunteers donate their time for the betterment of the Auburn Community. They are always ready and willing to complete a challenge. We will celebrate their ability to beat the clock at our Annual Community Volunteer Luncheon. Auburn agencies utilizing volunteers and all Senior Center Volunteers are invited to the celebration hosted by the Senior Center. In addition to recognition, there will be plenty of agency team competitions, a team song challenge, prizes and much more.

Menu:

BBQ Pulled Pork Sandwiches

Coleslaw

Vegetarian Baked Beans

Dill Pickle Wedge

Dessert: Apple Crisp ala Mode



Co-sponsored by Longhorn Barbecue

Tendin' the pits since '56



Longhorn Barbecue

WELLNESS RAFFLE:

In an effort to raise money for the Wellness Program, The White River Valley Museum is sponsoring a raffle, with proceeds going to Senior Center Wellness program. Plan now to win a basket filled with FUN!. Tickets are \$1.00 each. You need not be present to win. Winner will be drawn April 19th at the Volunteer Luncheon. Buy a ticket and support wellness!

BIRTHDAY/ANNIVERSARY CELEBRATION BIRTHDAY SPONSOR: CANTERBURY HOUSE

THURSDAY, MAR 15, 11:30A

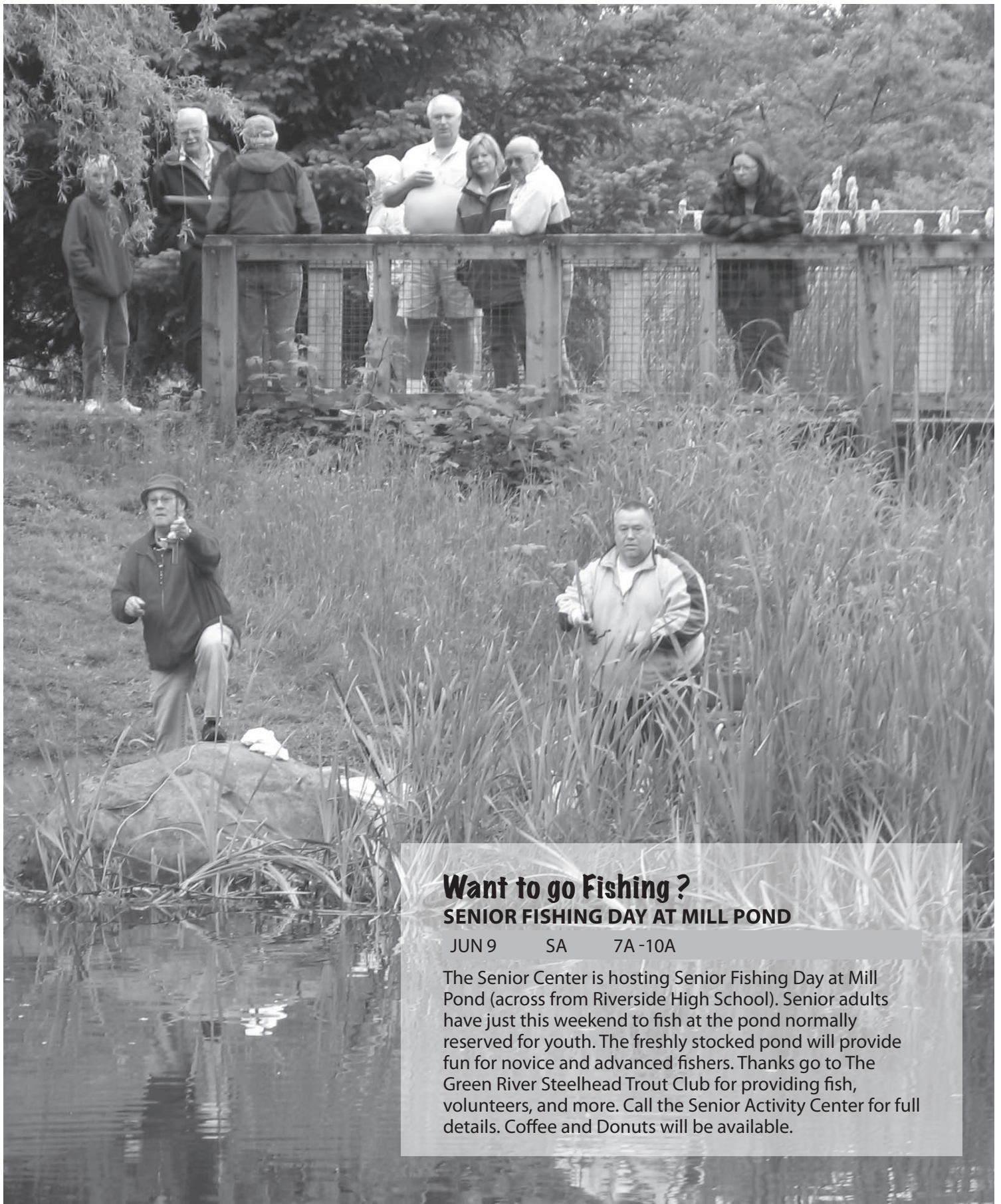
THURSDAY, APR 12, 11:30A

\$3 suggested donation; \$5.75 for those under 60

Birthday and/or wedding anniversary folks are invited to be seated, with their guests, at a special table and will be treated to cake and ice cream and a favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers for our age 80 or over birthday celebrants and roses to couples celebrating 50 or more years of marriage, so be sure to tell us if you qualify.



Canterbury House



Want to go Fishing ?

SENIOR FISHING DAY AT MILL POND

JUN 9 SA 7A -10A

The Senior Center is hosting Senior Fishing Day at Mill Pond (across from Riverside High School). Senior adults have just this weekend to fish at the pond normally reserved for youth. The freshly stocked pond will provide fun for novice and advanced fishers. Thanks go to The Green River Steelhead Trout Club for providing fish, volunteers, and more. Call the Senior Activity Center for full details. Coffee and Donuts will be available.



CLASSES FOR ALL AGES AT THE SENIOR ACTIVITY CENTER: GENERATIONS UNITE

- *Classes are open to all adults. Program offers flexibility with both day and evening classes. Take classes with friends or family of any age.*
- *Registration options: register by phone, fax, online or in person.*
- **Register at the Senior Activity Center or Parks, Arts & Recreation Administration Building.**

ACADEMIC

AUBURN SENIOR READERS AND FRIENDS BOOK CLUB

Join our monthly book club. All are welcome.
Every 1st Tuesday, 10A-12P

March 6

"At Home"

By Bill Bryson

April 3

"The Guernsey Literary & Potato Peel Pie Society"

By Mary Ann Schaffer & Annie Barrows

AARP DRIVER SAFETY

MAR 5-6	M,T	10A-3P	36294
MAR 19-20	M,T	6-10P	36295
APR 2-3	M,T	10A-3P	36452
APR 23-24	M,T	10A-3P	36453

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$14 is required the first day of class. AARP members will receive a \$2 discount if they have their membership card with the number. Make check payable to AARP.



CONTEMPORARY CONCERNS



MAR 7-28 W 10A-12P \$29/\$36 36296

Lively discussion on the current economy, stock market, job market, political future, foreign affairs, conservation of resources, and the media. Ages 18 and over. Facilitator Dr. Valentine.

CREATIVE WRITING



APR 5-MAY 24 TH 1- 3P \$24/\$30 36449

Tip and hints for writing and marketing written materials. Instructor Colleen Reece is an award-winning author with over 100 books sold. Sessions includes short-in class and homework assignments, discussion and sharing, how to make your piece sparkle and constructive critiquing. Instructor Reece.



SOCIAL SECURITY 101: EVERYTHING YOU WANTED TO KNOW

APR 17 TU 1-3P FREE 36799

The seminar will discuss retirement benefits and eligibility requirements; what early retirement does to your benefits; how survivor benefits can help your family; information regarding Medicare, disability and spouse benefits; what you can do online with SSA, what the future holds for the agency; and understand how to get the most from your benefit.

 **Online You're First in Line**
Online Registration: Fast, Convenient and No Extra Fees
www.auburnwa.gov/play 

ART

MATTING AND FRAMING BASICS



MAR 5	M	1- 3P	\$36/\$45	36320
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Creative matting and framing can set off any piece of art or photography. In this hands-on-class you will learn proper measuring techniques for cutting single and double mats, how to prep and mount your artwork, clean glass and enclose in frame with properly attach hanging hardware. End result will be a professional looking matted and framed piece of work. Instructor: Iwasaki.

WATERCOLOR



MAR 12-APR 23	M	1- 3P	\$42/\$53	36049
MAR 13-APR 24	T	6:30- 8:30P	\$42/\$53	36050
MAR 14-APR 25	W	1- 3P	\$42/\$53	36051
APR 30-JUN 4	M	1- 3P	\$42/\$53	36454
MAY 1- JUN 5	T	6:30- 8:30P	\$42/\$53	36455
MAY 2- JUN 6	W	1- 3P	\$42/\$53	36456

No Class on May 28

Come experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application, Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects to expand student's knowledge for watercolor painting, while developing ones own style. Beginners - Intermediate. Supply list provided upon registration. Instructor: JoAnne Iwasaki.

OIL PAINTING



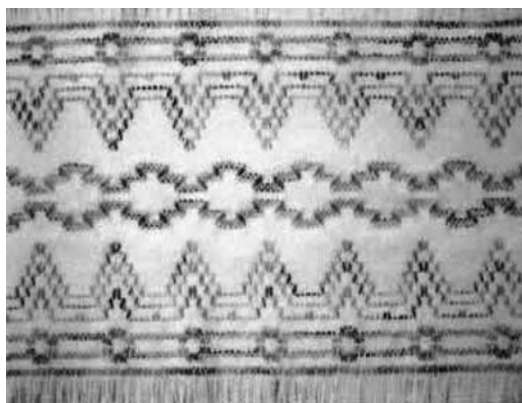
MAR 19-MAY 7	M	9A-12P	\$42/\$53	36060
MAY 7- JUL 9	M	9A-12P	\$42/\$53	36532

Discover or review oil painting techniques to help you paint your own beautiful pictures. This class is open to all levels. A supply list is available on request. Instructor: Georgia Heimbach. No class May 28.

NORDIC WEAVING

APR 12-26	TH	10-11A	\$11	36805
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You will learn how to embroider a tea-towel, small pillow top or placemat out of huck fabric. Instructor Lora Lee Brown.



Watercolor Class on Monday Afternoon.

COMPUTERS

COMPUTER LAB

Open Lab with Tutor (Subject to Change)

M:	1:30-3:30P	FREE
T:	12 - 3P	FREE
F:	10A-12P	FREE

Come check out our computers! Do you have specific questions about how to use the Internet, or about Microsoft Word® or Excel®? Or if you just have general questions about computers, drop by our open labs with tutor times.

Headphones are available for checkout at the front desk.

Computer Use
Time on computers is limited to 30 minutes when people are waiting.



PRINTING FEE

You can purchase a printing card, worth \$2.50 or \$5, or you can pay 10 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files will be stored on the computers.** For your convenience CDs are for sale for \$1 each at the front desk. The lab is open from 8a-9p on Monday, Tuesday, and Wednesday and from 8a-5p Thursday and Friday.

DID YOU KNOW?

The King County Library in Auburn offers Computer Classes. Call 253-931-3018 for more information.

FITNESS/HEALTH/WELLNESS

PRE-INJURY SCREENING

Balance

APR 4	W	11-11:30A	FREE	36800
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Common Neck Pain Issues and Treatments

MAY 2	W	11-11:30A	FREE	36801
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John Payne, a local physical therapist will be on site to discuss some common issues that lead to injuries for seniors. He will talk for about 15 minutes on a specific topic and then will do a pre-injury screening on a first come basis. People who are registered will be in a drawing for a door prize.



REMINDER:

ALL ADULT PROGRAM INSTRUCTORS HIRED BY THE AUBURN SENIOR ACTIVITY CENTER ARE INDEPENDENT CONTRACTORS AND THE RESPONSIBILITY FOR THE CURRICULUM OF THE CLASS RESTS WITH THE INSTRUCTOR.

ENHANCE FITNESS®

An exercise program for seniors designed to improve physical conditioning levels. The class includes stretching and balance exercises, exercises to improve strength and range of motion through use of wrist and ankle weights and aerobics, safe and effective for seniors with a wide range of physical abilities. **Medicare Group Health Members can participate free of charge.** Instructors Angela Rash (mornings) and Margie Willis (afternoons).

MORNING**NON GROUP HEALTH**

Mar 2-26	M,W,F	8:15- 9:15A	\$26/\$33	36222
Apr 2-30	M,W,F	8:15- 9:15A	\$26/\$33	36432
May 2-30	M,W,F	8:15- 9:15A	\$26/\$33	36436

No Class May 28

GROUP HEALTH

MAR 2-26	M,W,F	8:15- 9:15A	FREE	36223
APR 2-30	M,W,F	8:15- 9:15A	FREE	36433
MAY 2-30	M,W,F	8:15- 9:15A	FREE	36437

No Class May 28

AFTERNOON**NON GROUP HEALTH**

MAR 2-26	M,W,F	3:30- 4:30P	\$26/\$33	36224
APR 2-30	M,W,F	3:30- 4:30P	\$26/\$33	36434
MAY 2-30	M,W,F	3:30- 4:30P	\$26/\$33	36438

No Class May 28

GROUP HEALTH

MAR 2-26	M,W,F	3:30- 4:30P	FREE	36225
APR 2-30	M,W,F	3:30- 4:30P	FREE	36435
MAY 2-30	M,W,F	3:30- 4:30P	FREE	36439

No Class May 28

OPTION FOR ENHANCE FITNESS

10-class punch card

We are now offering a 10 class punch card. The card will be good for six months and it is only good for the class (morning or afternoon) that you purchased it for.

MORNING**MARCH CARD AM**

MAR 5-AUG 27	M	8:15- 9:15A	\$40/\$50	36228
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APRIL CARD AM

APR 2-SEP 24	M	8:15- 9:15A	\$40/\$50	36417
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MAY CARD AM

MAY 7-OCT 29	M	8:15- 9:15A	\$40/\$50	36418
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AFTERNOON**MARCH CARD PM**

MAR 5-AUG 27	M	3:30- 4:30P	\$40/\$50	36231
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APRIL CARD PM

APR 2-SEP 24	M	3:30- 4:30P	\$40/\$50	36420
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MAY CARD PM

MAY 7-OCT 29	M	3:30- 4:30P	\$40/\$50	36421
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**HOW TO READ CLASS INFORMATION**

Class name	Date	Class Days	Class Time	Resident Fee	Non-Resident Fee	Class #
ZUMBA GOLD	JAN 10-FEB 14	T	8:30- 9:30A	\$30/\$38		36069

Latin dance style workout made for seniors. Lets dance off some Holiday calories, Zumba style music is fun, moves are simple and very repetitive. ← Description

ZUMBA GOLD

FEB 21-MAR 27	T	8:30- 9:30A	\$30/\$38	36070
APR 3- MAY 8	T	8:30- 9:30A	\$30/\$38	36461

Latin dance style workout made for seniors. Lets dance off some Holiday calories, Zumba style music is fun, moves are simple and very repetitive you will be sweating before you know it. Instructor: Margie Willis

GENTLE CHAIR YOGA

FEB 21-MAR 27	T	3:30- 4:30P	\$30/\$38	36237
APR 3-MAY 8	T	3:30- 4:30P	\$30/\$38	36460

This class is sure to reach every area of your body. Breathing exercises, lots of stretching, poses that challenge your balance, and some strength training. Senior Chair Yoga will leave you relaxed and refreshed. All levels of fitness are welcome. Instructor: Margie Willis.

EVENING CLASSES

BEGINNING YOGA

MAR 7-APR 25	W	5:30- 6:45P	\$63/\$79	36133
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Beginning yoga in the Viniyoga tradition relieves emotional stress, tones the body and achieves balance in body, mind and emotions. Class includes both standing and floor poses. Bring a yoga mat and blanket to class. Instructor: Meng, ERYT.

CONTINUING YOGA

MAR 7-APR 25	W	7- 8:15P	\$63/\$79	36139
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Students deepen their understanding and practice of yoga postures and breathing. Bring a yoga mat and blanket to class. Prerequisite: Beginning Yoga or permission from instructor. Instructor: Meng, ERYT.

BEGINNING YOGA FLEX OPTION

JAN 4-APR 18	W	5:30- 6:45P	\$63/\$79	36135
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Flex option gives you the flexibility to attend any seven classes during the 14-weeks of the current quarter. See course description listed separately. Bring a yoga mat and blanket to class. Instructor: Meng, ERYT.

CONTINUING YOGA FLEX OPTION

JAN 4-APR 18	W	7- 8:15P	\$63/\$79	36143
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Flex option gives you the flexibility to attend any nine Continuing Yoga classes during the 18-weeks of the current quarter. See course description listed separately. Ages 50 and over. Instructor Meng. Bring a yoga mat, towel and blanket to the first class. Instructor: Meng, ERYT

INTRODUCTION TO TAI CHI

FEB 27-APR 2	M	7:30- 8:30P	\$39/\$49	36112
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Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility and coordination. Students learn gentle exercises and the practice of individual movements. Instructor: Bortleson.

INTERMEDIATE TAI CHI

FEB 27-APR 2	M	6:15- 7:15P	\$39/\$49	36116
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Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Prerequisite: Introduction Tai Chi. Instructor: Bortleson.

WEIGHT LOSS WITH SELF HYPNOSIS

MAR 1-15	TH	3- 5P	\$79/\$99	36164
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Have you had it with diets that only work for a little while? Losing weight can be one of the most challenging experiences in your life, if you let it. Now, not only will you remove barriers that hold you back, you will learn to reprogram your mind and create the success you have longed for. Wear comfortable clothes and bring a mat or blanket and pillow. Instructor: Eslava Vesey.



HIKES AND WALKS

Hikes range from 5-8 miles. Destinations vary throughout the year. Our goal is to give all an opportunity to participate and have a good time. Please be aware of the following:

1. Hikers/Walkers are permitted to register themselves and only one other person (this includes a spouse).
2. There are no limits for the number of hikes or walks you can sign up for.
3. Hikes will leave at 9 a.m. and Walks leave at 9:30 a.m. (unless otherwise noted). We plan to return by scheduled time, although some variables cannot be avoided, i.e., traffic, walking speed of hikers, etc. Plan accordingly.
4. We make a rest/snack stop on our return trip. This allows everyone to stretch, use the restroom and get a snack.
5. We hike/walk rain or shine. Dress appropriately, i.e., layers, rain gear, boots, hats, gloves, etc. A light daypack is recommended for carrying essentials.
6. Bring lunch and at least 16 oz. of water. See staff with questions or concerns.
7. Hiking boots and a walking stick or trekking poles are recommended.
8. Hike/Walks require a minimum of 10 registrants
9. Refunds/Credits for hikes/walks will only be given if you cancel three business day prior to the trip, or if your spot can be filled.

Updated Rating System:

- #1. Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- #2. Moderate; sometimes paved; some hills; may be over 5 miles.
- #3. Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- #4. Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

HIKERS' EMAIL LIST

28761

If you have email and want to be notified when a hike isn't full the Tuesday prior to the hike, please register for the class number above.

**WALKS****NISQUALLY DELTA****MILES: UP TO 4**

MAR 13 T 9:30A- 2:30P \$8/\$10 36411

Walk the new board walk and check out the restoration of the delta. The dikes have been removed allowing the free flow of tidal action. There will be opportunity to view wildlife and see the progress of this restoration project.

CHESICHUK/LAKE UNION LOOP WALK MILES: 3

MAR 23 T 9A- 3:30P \$8/\$10 36412

Hikers and walkers will begin this adventure together at Gas Works Park. The walk takes advantage of the Burke Gillman Trail, sidewalks, and city streets. Walkers will discovery a variety of views, pocket parks, industrial activity and get a close up view of house boats. We will lunch at the south end of the lake where there are a number of restaurants. **Walkers will have the option of brown bagging it or sampling restaurant fare.** After lunch walkers will climb on the van and hikers will continue around the lake.

SOOS CREEK TRAIL**MILES: 3**

APR 3 T 9:30A- 2:30P \$8/\$10 36413

This paved trail follows many miles of Soos Creek as it meanders through a valley toward Lake Meridian. Although houses can be seen along the ridge lines the trail setting is pleasantly rural. The terrain is rolling. A blue heron rookery may be visible from the trail.

MAGNUSON PARK**MILES: 3**

APR 24 T 9:30A- 2:30P \$8/\$10 36414

Formerly Sand Point Naval Station this park offers miles of trails. The terrain is generally flat with some trails paved. Lake-front, wetlands, and meadows offer a variety of experiences for walkers. The park also features a great dog park and a thriving pea patch garden. Portions of the trail can be muddy with exposed roots.



HIKES

LORD HILL REGIONAL PARK MILES: 5.5 RATE 2+

MAR 9	F	9A- 3:30P	\$10/\$13	36404
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This Snohomish County Park preserves 1,465 acres of forest and wetland and provides 11 miles of equestrian, biking, and hiking trails. This hike will take us through mixed forests up hill and down to the Snohomish River. Much of the hike will be on service roads. The last stretch to the river is a narrow winding trail. Lunch seating will be on grassy or gravel river banks. There are exposed rocks and plenty of muddy spots along the trails. Poles are recommended. There is a total elevation change of 900 feet.

OLD SAUK RIVER MILES:6 RATE 2

MAR 16	F	8:30A- 5P	\$10/\$13	36405
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This virtually level in-and-out hike follows the Old Sauk River upstream for three miles. Meandering through a mixed forest the trail starts along a side channel but quickly joins the powerful main channel. Exposed roots and slippery mud make poles useful. The hike begins just outside Darrington, a 2 hour drive each way. **Note early departure date.**



CHESICHUK/LAKE UNION LOOP MILES:6 RATE 1

MAR 23	F	9A- 3:30P	\$8/\$10	36406
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This trail circumvents Lake Union taking advantage of the Burke Gillman Trail, sidewalks, and city streets. Hikers will discovery a variety of views, pocket parks, industrial activity and get a close up view of house boats. We will lunch at the south end of the lake where there are a number of restaurants. **Hikers have the option of brown bagging or sampling restaurant fare.**

COUGAR MT MILES:5 RATE 2+

APR 6	F	9A- 3:30P	\$10/\$13	36407
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This figure eight hike will begin at the Anti-Aircraft Site on Cougar Mountain. Hikers will follow trails that loop past Coal Creek Falls, lunch at the Nike Site, and loop back to the trailhead. Trails meander through mixed forest and wetlands. Hikers need to be prepared for exposed roots and rocks as well as muddy patches. The elevation change will be around 700 feet.

RATTLESNAKE LEDGE MILES:4 RATE 3

APR 13	F	9A- 3:30P	\$10/\$13	36408
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The views of valleys and mountains reward hikers for their efforts to reach the ledge. The trail is well maintained with repeated switch backs to the final destination. Expect exposed roots and rocks. The elevation change is 1200 feet.

TWIN FALLS MILES:4 RATE 2+

APR 20	F	9A- 3:30P	\$10/\$13	36409
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The Twin Falls trail follows the South Fork of the Snoqualmie River. The trail gains and loses elevation for a total of 700 feet. Hikers will get great views of waterfalls and a good heart work out. Expect roots, rocks, and some mud.

WALLACE FALLS MILES:6.5 RATE 3

MAY 4	F	8:30A- 5P	\$10/\$13	36410
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Listed as one of the top waterfall hikes in the northwest Wallace Falls is a loop hike. The trail out follows the river with several ups and downs. We cross the river turning up a significant hill to the valley overlook for lunch. On the return trip we will follow an abandoned logging rail right of way. Expect roots and rocks. The elevation gain is 880 feet. **Note early departure date.**

OVERNIGHT HIKE-SILVER FALLS OREGON

JUN 18-20	M-W	\$215	36806
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For our annual overnight hike we are heading south to one of our more popular overnight locations, Silver Falls. The scouting committee will put together a couple of wonderful hikes for the trip. A \$75 deposit is due at the time of registration with the balance due on April 23rd.

POOL**OPEN POOL DAILY MONDAY – FRIDAY**

Except for Friday afternoons and Monday evenings during tournaments. There is always hot competition. Come and join the fun – all players are welcome. Because of the popularity of tournaments, they often last several hours. If you plan to participate, please be prompt.

DAY POOL TOURNAMENTS

Tournaments have priority on all three tables.

Mondays 12:45P (sign up in Pool Room by 12:30P)

2nd Monday Ladies' 8-ball

4th Monday Ladies' 9-ball

Wednesday 1:30P (sign up in Pool Room by 1:00)

1st Wednesday 1:30 Scotch Doubles
\$1 donation suggested for refreshments

Fridays 12:45P (sign up in Pool Room by 12:30P)

1st Friday

Open

2nd Friday

Men's 8-ball

3rd Friday

Open

4th Friday

Men's 9-ball

EVENING POOL TOURNAMENTS

Mondays 6-9P (sign up in Pool Room by 5:30P)

1st Monday Mixed Doubles 8-ball

3rd Monday Mixed Doubles 9-ball

On Fridays Respite has one table reserved from 10A – 12P and a second table from 10-11A. Also on the 2nd and 4th Tuesday Respite has one table reserved from 12:30-3P.



**Senior vs Staff Pool Annual Challenge
MARCH 8 1-3P**

YMCA**FREE SWIMMING**

Times are available to Auburn residents at the YMCA.

LAP SWIM

JAN 3 – JUN 21 T,TH 8-9A 3 LANES

WATER AEROBICS

JAN 3 – JUN 21 T,TH 9-10A

Up to 20 people (Shallow or deep water)

FAMILY SWIM

JAN 8 – JUN 17 SU 5-6P BOTH POOLS

These programs are free. Seniors need to check in at the front desk and identify themselves as City of Auburn participants. Call YMCA for more details 253-833-2770.

SENIOR GOLF LEAGUE

MAY 7-10 8:30- 8:45A \$10/\$13 36415

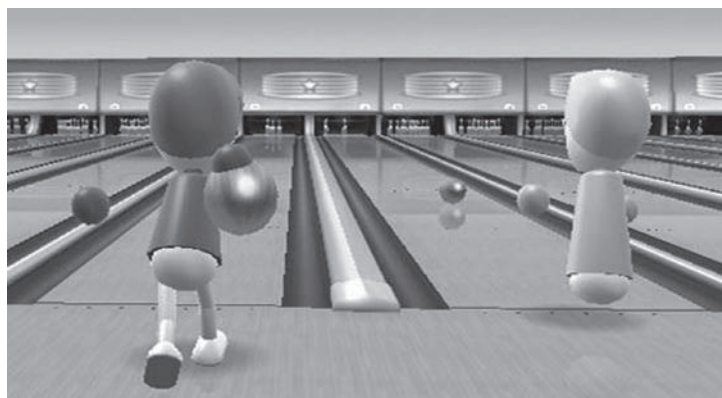
Join us for a weekly round of golf at the Auburn Golf Course. In this recreational senior league, fun is the name of the game. Register for the league at the Senior Center. Greens Fees are payable at the golf course, \$17 for 9-holes, \$27 for 18 holes on Monday and Thursday 9-holes is \$10 to walk. **An informational meeting will be held at the Senior Center, Thursday May 3, 10 a.m.**



IN HOUSE WII BOWLING LEAGUE

MAR 21- JUL W 9a- 12p \$10 36331

Our spring Wii bowling league starts in March. Please register by March 2 if you are interested in playing. If you don't have a partner, we will do our best to pair you up, but there is no guarantee.



SENIOR CO-ED DROP-IN VOLLEYBALL

Tuesday and Thursday
9:30A-11:30P
OCT 18- APR 26

Come on down to play this fun and exciting game in our new Parks Gymnasium. Seniors of all abilities our welcome to play. Please sign up for drop-in or passes at the Parks, Arts and Recreation Building (PRAB). Once you buy your pass you will scan your finger prior to entering the Gym for each drop-in session. The only entrance into the Gym is through the PRAB office.

Fees:

\$2 Daily Drop-in; \$10 Monthly Pass; \$25 Quarterly Pass

OPEN GYM SCHEDULE

Pickleball

Monday and Wednesday
11:30A – 1:30P

Volleyball, Basketball, or Pickleball

Tuesday and Thursday
11:30A-1:30P

Fees:

\$2 Daily Drop-in; \$10 Monthly Pass; \$25 Quarterly Pass



VAN TOURS

SENIOR ACTIVITY CENTER TRAVELERS NEED A 2012 REGISTRATION/EMERGENCY TRIP INFORMATION CARD.

All persons taking Senior Center trips are asked to complete a confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms will be sent with the escort on each trip. In case of a medical emergency, we can act more effectively on your behalf. If you have not yet completed this form, please ask for one at the front desk.

REMINDER:

Payments for trips and tours are due when registering. Unless noted, a trip is open for registration the first working day of the month in which it appears in the brochure.

TRAVELERS WITH DISABILITIES

Those needing special assistance on bus or van tours need to see staff regarding handicapped accessibility. See staff if you have questions.

Van tours are usually short, one-day trips which normally require walking.

If walking presents a problem for you, check with staff prior to registering about advisability of taking a specific trip. Because most van tours include time on your own for sightseeing, eating and shopping, be prepared for these activities.

Handicapped Accessible Bus
Van trips using this vehicle will be marked:

**HOW TO READ CLASS INFORMATION**

Class name	Date	Class Days	Class Time	Resident Fee	Non-Resident Fee	Class #
CONTINUING YOGA FLEX OPTION	JAN 6-APR 21	W	7- 8:15P	\$68/\$85		31810

Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. ← Description

WAITING LISTS

Many of our programs are filled to capacity. If this happens to you, be sure to add your name to the waiting list. As interest dictates, we often add an extra vehicle, a new class or offer a program again at a later date. Our goal is to accommodate as many people as possible.

LEISURELY LUNCH

Here is the perfect excuse for lunch out with friends. Join us monthly for a different restaurant and fun social experience. Cost of meal is on your own.

ODDFELLAS AUBURN

MAR 28	W	11:30A- 2P	\$2/\$3	36241
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OddFellas' menu features creative takes on comfort food. Price range is:\$10-22

MYSTERY RESTAURANT WEEK #3

APR 18	W	11:30A- 3:30P	\$7/\$9	36242
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Seattle Restaurant Week is a celebration of food that spreads across King County, inviting people to dine for a deal in nearly every Seattle and Eastside restaurant. The dining celebration features 150 restaurants offering a three-course menu. The mystery lines in which one we will visit. We are sure you will enjoy the experience! Three Course Lunch - \$15

DINING CONNOISSEURS

Enjoy a monthly dinner night out with your friends from the Senior Center. Leave the restaurant choosing and driving to us. Dinner costs are on your own.

THE CALCUTTA GRILL- NEWCASTLE GOLF CLUB

MAR 14	W	4- 8P	\$7/\$9	36255
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The Calcutta Grill, nestled 900 feet above the Sound, offers a selection of the Pacific Northwest's favorite foods and views that are second to none. Price range:\$12-35.

MYSTERY RESTAURANT WEEK

At the time of print the Restaurants for Seattle's Restaurant Week have not been published. Seattle Restaurant Week is a celebration of food that spreads across King County, inviting people to dine for a deal in nearly every Seattle and Eastside restaurant. The dining celebration features 150 restaurants offering a three-course menu. The mystery lies in which ones we will visit. We are sure you will enjoy the experience!

RESTAURANT WEEK #1

APR 11	W	4:30- 7:30P	\$7/\$9	36254
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3-course meal- \$28

RESTAURANT WEEK #2

APR 16	M	4:30- 7:30P	\$7/\$9	36451
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3-course meal- \$28

VAN TRIPS

ST. PATRICKS DAY LUNCH CRUISE - SEATTLE

MAR 15	TH	10A- 3:30P	\$49/\$54	36297
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Our popular lunch cruise with Irish inspired lunch cuisine, featuring live entertainment by the Gothard Sisters. These three sisters put a wonderfully choreographed show including fast fiddling, lively Irish step dancing and Irish songs. Fee includes cruise, lunch and transportation.

HOBBY LOBBY CRAFT STORE

MARCH 19	M	10:30A-4:30P	\$12/\$15	36290
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This craft store is new in the area featuring 60,000 different products and 13 depts within one store. You'll have 2 hours to browse Hobby Lobby and Trader Joes. We will stop for lunch at Panera Bread prior to shopping. Then make a ice cream stop after shopping. Lunch and Ice Cream will be on your own. (This is a make up trip that was missed in January due to snow. Participants registered in January were given priority to this trip). Limited space; please put your name on the waitlist.

NEW DAY NORTHWEST - SEATTLE

MAR 21	W	8:15A- 2:30P	\$12/\$15	36427
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New Day Northwest wants you to be a part of the studio audience and have a great time! Join Margaret and various guests; authors, musicians, fitness and health experts, celebrities and sports stars as we celebrate what's great about the Northwest. After our studio experience we will go to lunch at Bahama Breeze in Southcenter. Lunch will be on your own.

DESINATION HERITAGE-INDUSTRY

MAR 26	M	9A- 4P	\$11/\$14	36425
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Sit back and enjoy the ride, as we explore some King County's historic places. We will make multiple stops around the county. To find out more information about some of our possible stops visit www.destinationheritage.org Fee includes tour and transportation. There will be an independent lunch stop in Seattle.

TIME FOR TULIPS

APR 10	T	8:15A- 4:45P	\$30/\$35	36424
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Mother Nature can be a little unpredictable but we're hoping it cooperates this year. We'll first explore the historic LaConner before we head to the ever popular Kiwanis Salmon Lunch. We've enjoyed this fundraiser for several years and no one has ever walked away unfulfilled. The afternoon will be spent visiting a couple of tulip fields. Fee includes transportation, admission and lunch.

PLANTS, FLOWERS, AND MORE

APR 30	M	9A- 4P	\$16/\$20	36423
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Tis the season to start working in our gardens or just to enjoy the Spring around us. So join us as we head North for this ever so popular Nursery hopping trip. The trip will include Flower World and Molbaks. We always have a surprise stop or two along the way. The scheduled lunch stop will be on your own.



RED HAT SOCIETY - AUBURN MAD HATTERS

March 15th, (Thursday) Argosy Cruises is having a special cruise with Irish inspired lunch cuisine, featuring live entertainment by the Gothard Sisters. These three sisters put on a wonderfully choreographed show including fast fiddling, lively Irish step dancing and Irish songs. Cost is \$37.00 for the Cruise. If enough people want to go we will book it and take the light rail to Seattle from Tukwilla. Please let Jerry or Yvonne know if you are interested.

April 15th, Monday, we will play Bunco at the Senior Center. We will have lunch at the center at 11:30AM and then play BUNCO. Cost of Bunco is \$6.00. Coffee and tea and treats will be served. Pay for lunch on your own. May we are going to the Casino and Discount Shopping Mall north of Seattle and a separate trip to a Nursery and lunch.

Please let us know if you will be attending our event(s) so we can make the necessary driving arrangement and room set up. Call or email Jerry Merriman email jmerriman5@q.com, phone 253 752-6700 or call Yvonne Nicholson phone 253 735-2958.

Orcas Island- West Beach Resort

Back by popular demand! We will stay at West Beach Resort on Orcas Island. You will enjoy Cabin Camping in the great outdoors. Adventures will include canoeing, kayaking, crabbing, fishing and evening bon fires. Side trips are planned each day, or you can stay behind and enjoy the day on your own. 3 Lunches and 1 dinner are on your own. You will also be asked to help prepare other meals. Join us for this amazing outdoor experience. \$100 Deposit with the balance due by June 15.



2011 Orcas Trip

Aug 28-31
Tu,W,Th,F
TBA
\$390 per person
#36298


2011 Orcas Trip



2011 Orcas Trip



WHERE DO YOU WANT TO GO???

EXTENDED TRAVEL OPTIONS FOR SEPT OR OCT 2013

HELP US PLAN YOUR NEXT VACATION

BY PICKING THE TRIP BELOW THAT INTERESTS YOU THE MOST.
PLEASE REGISTER FOR TRIP #36802 WITH YOUR PREFERENCE.
(THIS IS ONLY AN INTEREST LIST, NO OBLIGATION).



American Heritage

Highlights:

New York City, Philadelphia, Gettysburg,
Shenandoah Valley, Williamsburg, Washington D.C.



Islands of New England

Highlights:

Boston, Providence, Plymouth, Martha's Vineyard,
Nantucket, Hyannis, Provincetown,



Alaska Cruise

ALL PRICING ARE ESTIMATES
AND ARE SUBJECT TO CHANGE
AND ARE BASED ON DOUBLE
OCCUPANCY

AMERICAN HERITAGE
10 DAYS
\$2800

ISLANDS OF NEW ENGLAND
8 DAYS
\$2300

ALASKA CRUISE
7 DAYS
INSIDE ROOM \$1400
OCEANVIEW ROOM \$1650

YOU SET THE GOAL - WE WILL HELP YOU GET THERE!

TAKE ADVANTAGE OF ONE OF OUR MANY PROGRAMS DESIGNED TO PROMOTE **POSITIVE AGING**

Other services include foot care, flu shots, blood pressure checks, massage, Senior Health Insurance Benefits (SHIBA), Senior Rights, information and referrals and wellness lectures. Read on for more details.

WELLNESS TEAM

The Auburn Senior Wellness Team is comprised of two teams: a planning team and a working team. The planning team meets once a month to plan supper clubs and discuss our involvement in different community events. The working teams helps out the different community events and supper club.

WELLNESS TEAM MEETINGS

MAR 6	T	9:30A
APR 3	T	9:30A

FOOT CARE PROVIDED BY KAREN'S FOOT CARE

Karen Poppleton is a licensed Nail Care Technician and has provided foot care at the Senior Activity Center for 10 years. She will be providing foot care services on Mondays by appointment only. Call 253-931-3016 to make an appointment and bring a towel. The cost is \$27 for all clients. Need a scholarship for foot care? Ask your foot care provider.

Making appointments: We are now booking foot care appointments for four months at a time; the current month and the following three months. You may call the Center to book an appointment or book your next appointment with your nail care technician at the time of service.



Canterbury House

BLOOD PRESSURE CLINIC

Canterbury House offers a free blood pressure clinic on the following dates:

MAR 26	M	11A-12P
APR 30	M	11A-12P

LUNCH TALK WITH DOCTOR GEHRETT

MAR 21	W	11A	FREE
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Depression

APR 18	W	11A	FREE
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Heart Attack Symptoms for Men and Women



MASSAGE

TUESDAY	10A-3:30P	\$20/\$33/\$52
* \$20 for 15 min., \$33 for 30 min. and \$53 for 60 min.		

Leslee Jo comes to us with 20 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.



DENTAL SERVICES BY "HEALTHY SMILES"

MAR 15	TH	BY APPOINTMENT
MAR 16	F	BY APPOINTMENT
APR 19	TH	BY APPOINTMENT
APR 20	F	BY APPOINTMENT
MAY 17	TH	BY APPOINTMENT
MAY 18	F	BY APPOINTMENT
JUN 21	TH	BY APPOINTMENT
JUN 22	F	BY APPOINTMENT
JUL 19	TH	BY APPOINTMENT
JUL 20	TH	BY APPOINTMENT

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from "Healthy Smiles" will be here to offer her services for a \$77 monthly on the 3rd Thursday and Friday. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment. You must be over 50 to use this service.

AUBURN RESPITE CARE PROGRAM

This is an adult day care that meets the second and fourth Tuesday from 10 a.m. - 3 p.m. and every Friday from 10 a.m. - 3 p.m. here at the Auburn Senior Activity Center. Caregivers are able to bring family members with Alzheimer's, Parkinson's, stroke or frail health for a day of socialization, companionship, music, activities and lunch. Volunteers at the program provide one-on-one care for the seniors participating in the program.

For those seniors who are unable to utilize the senior center on their own and have special needs, the Respite Program may be just what you're looking for. Call Sheila Pankratz at 253-875-9163 for more information. There is a nominal fee, which may be negotiated upon request. We're always looking for new volunteers too!



*Sheila, Program Director
and respite participant.*

EYECARE AMERICA

EyeCare America provides medical eye care at no out-of-pocket cost for seniors age 65 and older. Visit our new online referral center, **www.eyecareamerica.org** to see within minutes if you are eligible to be matched with an EyeCare America volunteer ophthalmologist (Eye MD).

**LIONS CLUB RECYCLE FOR SIGHT PROGRAM**

By dropping off old glasses in the Lions Recycle box in the front coat rack area of the Senior Center will help give someone else a chance to see.

SUPPORT GROUPS

alzheimer's association®

ALZHEIMER'S ASSOCIATION SUPPORT GROUP

1ST Tuesday of each month 12-1:30P

Memory loss is not a normal part of aging. A free information support group for family caregivers is held the 1st Tuesday of every month at Church of the Nazarene, 1225 - 29th ST SE, Room 15, Auburn. Take the first step and call the group facilitator, Val Brustad at 253-854-7658. Alzheimer's Helpline: 1-800-848-7097

CAREGIVER SUPPORT GROUP

2nd Thursday of Each Month 6:30 - 8:00 pm

Providing resources, education and support to family members and caregivers of those suffering from dementia and other illnesses.

Location: Auburn Regional Medical Center

Intensive Outpatient Room
Access by 2nd Street NE entrance;
Follow signs to 1st floor wait
area by aquarium

For more information call
253-804-2813.
Free and open to the Community!

EZ READER FOR VISION IMPAIRED

Reader is available in the Computer Lab. See Senior Activity Center staff for more information and/or a demonstration.

LOAN CLOSET

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend.

COOKS CORNER

What a crazy January we had!! Snow, ice rain, and the wind. Thank goodness spring is just around the corner.

I want to say thank you to Elaine and her crew. Elaine is the artist who has been doing our menu board this last year!! Great Job!! And also to Vickie and Corinne for helping out as host since Tony has been on vacation. To all the volunteer's thank you. You make my job so much easier.



Don't forget to wear your green on St. Patrick's Day, Friday March 16th. Of course we will be having the traditional Corned Beef and Cabbage!!!

For Easter, let's wear our Easter Bonnets!

Thank you,

Peggy

NUTRITION PROGRAM OVERVIEW

LUNCH PROGRAM

The Lunch Program serves delicious, cooked from scratch, balanced meals in a welcoming group setting to people who are at least 60 years of age. All meals meet one-third Recommended Daily Allowances for persons 60 years of age and older. The cost is a confidential suggested donation of \$3 per meal. Persons decide for themselves what if anything they wish to contribute. No eligible participant is denied a meal if unable to donate. Food Stamp Vouchers are accepted as contributions.

CONTRIBUTE \$3 DONATION IF YOU ARE:

- Anyone 60 or over or;
 - If you are dining with a 60 or over spouse.
 - If you are a disabled or handicapped individual under 60.
- While we enjoy having caregivers, friends and family join in during lunch, please remember the federal guidelines and make the appropriate payment.

CONTRIBUTE \$5.75 IF YOU ARE:

- Under the age of 60 or;
- You are a caregiver, who is not a spouse, below age 60 or disabled;

LUNCH COMMENT CARDS

Comment cards are available. Please share your compliments, suggestions, complaints, and concerns. This is your lunch program and we are here to meet your needs.

AUBURN SENIOR ACTIVITY CENTER LUNCH

PRE-PURCHASE PLAN

Suggested Donation: \$3/Meal

Purchase Lunch Punch tickets at reception desk. Not valid for some special meals.

TICKETS AVAILABLE IN VALUES OF:

5 meals	\$15 (donation)
10 meals	\$30 (donation)
20 meals	\$60 (donation)

Choices: Entrée Salad or Main Meal menu.

Possibility: Take an extra meal to go for dinner.

Benefits: Good food, fun people and someone else cooks.

REGULAR LUNCH AT SENIOR CENTER

MONDAY - FRIDAY

Registration:	Begins at 11 a.m.
Salad Bar:	Opens at 11:30 a.m.*
Lunch:	Served at 12 p.m.

*11:25 for participants with physical limitations.

SALAD BAR NEWS



Canterbury House



The cost of the salad bar is supplemented by the City of Auburn's Human Services, Canterbury House and Mike and Sharon Schooley. Personal donations are always accepted.

UPDATE*

Small salad plate
included with lunch
(extra donations always welcomed)

Salad bowl	\$1
Lunch plate for entrée salad	\$3

*11:25 for participants with physical limitations.

This option is available daily for the same \$3 suggested donation for those age 60 and over and \$5.75 for those under 60.

Also included is coffee, milk and dessert. Stop by and try this healthy lunch option and let us know what you think.

NUTRITION

MEALS ON WHEELS

Eligibility: 60 and over, and homebound (most days)

Cost: Suggested donation of \$3 per meal

Delivery: Weekly on Friday mornings
Seven frozen meals per order for delivery.

Nutrition Supplements

(Variety of Ensure® products)

Eligibility: 60 and over and homebound (most). The cost varies by product. We deliver weekly on Friday.

For details and/or applications, call Cindy at 253-931-3016. Pierce County call 253-474-1200.

SENIOR SAVERS PANTRY

All Seniors, regardless of income level, are welcome.

Shop for low-cost foods two days per month (see below). If you are new to the Pantry scene, what we do is purchase foods in bulk quantity at low prices and re-package them into individual sizes, and pass the savings on to you.

A wide variety of items are available, such as cereals, grains, cheese, spices, raisins, juice, soup, etc.

MARCH 2012

MAR 8	THURSDAY	9A-1P
MAR 9	FRIDAY	9A-12P

APRIL 2012

APR 5	THURSDAY	9A-1P
APR 6	FRIDAY	9A-12P

MAY 2012

MAY 3	THURSDAY	9A-1P
MAY 4	FRIDAY	9A-12P

COFFEE BAR RATES

Coffee, tea, hot chocolate and spiced cider.

Charge:

- 25¢ per cup
- 50¢ per mug
- 75¢ per large travel mug
- 50¢ bottled water

Punch cards are available - 20 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours.

Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.

Snacks available 75 cents.



PANTRY RECIPE

Pineapple Cheddar Corn Bread

Perfect to serve with that Easter Ham!

- 1 cup flour
- 1 cup corn meal
- 1/2 cup sugar
- 2 tsp. baking powder
- 1 tsp salt
- 1/2 cup butter, softened
- 4 eggs, lightly beaten
- 1 can cream corn
- 1 cup crushed pineapple, drained
- 1 cup shredded cheddar or Monterey jack cheese

- PREHEAT OVEN TO 375 DEGREES. GREASE AND FLOUR A 9X13 BAKING DISH
- COMBINE DRY INGREDIENTS AND SET ASIDE
- IN A LARGE MIXING BOWL, BEAT BUTTER AND EGGS.
- WHEN WELL BLENDED, ADD DRY INGREDIENTS BEATING ON LOW SETTING UNTIL WELL BLENDED.
- STIR IN CHEESE, CORN AND PINEAPPLE
- POUR INTO BAKING DISH AND BAKE FOR 35 MINUTES.

VETERAN SUPPORT SERVICES

VETERAN SERVICES

For help with questions or connecting with federal, state, or county veteran benefits or services, call or see Joel Estey. He is at the Senior Center on the first Monday of each month at 8 a.m., see page 24 for dates. He can be reached at 206-612-2816 (cell phone) or 206-296-7570 with specific questions. Joel has worked for the King County Veteran's Program for over 24 years. He was in the US Army from 1967 to 1969, serving in Viet Nam in 1968.

Jeannette Moen, a DAV Service Officer, will also be here to assist veterans and their families in applying for their VA benefits and can be reached at 253-859-6439. She has forms for veterans, widows, or family members to file a claim with the VA for health benefits, compensation, and/or pension.

CALL CENTER FOR KING COUNTY VETERANS

The King County Veterans Levy increased access to information and assistance for veterans living in King County. By simply calling one toll-free number 1-877-904-VETS (8387), veterans, military personnel, National Guard, and Reserves and their families can receive information related to benefits and services at the federal, state, and county level. The Call Center is staffed from 8 a.m. to 5 p.m., Monday through Friday, and callers can leave messages after hours. In addition to providing immediate assistance, callers will be contacted within two weeks to determine whether they successfully utilized the services or referrals given to them and to assess their level of satisfaction with the Call Center. For more information, visit www.dva.gov or www.kingcounty.gov/socialservices/veterans.aspx.



Veteran Services Has Come To Auburn

The Veterans and Human Services Levy was passed by the King County voters August 16th. With it came an array of services for veterans, residing in or near cities of Auburn, Enumclaw, Renton, Redmond, Issaquah, Bellevue, Federal Way, Carnation, North Bend, Maple Valley and Kent. These cities were selected as outreach service locations to meet the needs of veterans without requiring trips into Seattle.

Veterans who have served any branch of the U.S. Armed Forces including the National Guard, Coast Guard and Armed Forces reserve and active duty are eligible to apply. Family members their spouses or widows and dependents are encouraged to call for assistance.

Services available include, but are not limited to: help filing for Federal VA benefits or pension, accessing or enrolling in the VA healthcare system, Washington State Department of Veterans Affairs benefits, help with other government programs and case management.

To inquire about VA Benefits, Healthcare enrollment, WDVA benefits and assistance with claims, contact Cindy Kartes, VFW service officer (253-205-5883) for appointments for the 1st and 3rd Wednesday's of the month at the Auburn Senior Center from 10:00 to 3:00.

For eligibility and accessing and enrolling in VA Healthcare or other local programs or services contact Joel Estey, King County Veterans and Human Services (206-612-2816).

Other support services available may include financial assistance programs, case management, rental assistance, mental health referrals, accessing housing and help with food, utilities and medical needs. Employment related help consists of help with transportation, work clothing, tools, permits, licenses and other expenses that address barriers to employment. Call the King County Veterans Program at 206-296-7656 to schedule an appointment in the Auburn area or to discuss your specific needs.

SUPPORT SERVICES – SENIOR CENTER

VETERAN SERVICES

MAR 5	8-10A	NO APPOINTMENT NEEDED
APR 2	8-10A	NO APPOINTMENT NEEDED
MAY 1	8-10A	NO APPOINTMENT NEEDED

For help with questions or connecting with federal, state, or county veteran benefits or services, call or see Joel Estey. He is at the Senior Center on the first Monday of each month at 8 a.m. and can be reached at 206-612-2816 (cell phone) or 206-296-7570 with specific questions.

DID YOU KNOW?

Support services include providing information on subjects such as social security, wills, health insurance, and tax counseling as well as maintaining a loan closet for lending medical equipment to those in need. In addition, due to the many phone calls requesting information about senior needs, the Center serves as a key information and referral site for seniors.

**SENIOR RIGHTS ASSISTANCE PROGRAM
ESTATE PLANNING INFORMATION**

MAR 21	BY APPOINTMENT
APR 18	BY APPOINTMENT
MAY 16	BY APPOINTMENT

Diana Paris, SRA volunteer, is trained to provide guidance and information in the following areas: wills, power of attorney, living will, living trust, community property agreements, and/or probate. She will be at our Senior Center on the third Wednesday of each month. Call the Senior Activity Center at 253-931-3016 for an appointment.

**STATEWIDE HEALTH INSURANCE BENEFITS
ADVISORS (SHIBA)**

MAR 26	BY APPOINTMENT
APR 23	BY APPOINTMENT
MAY 21	BY APPOINTMENT

Chuck Wright, SHIBA volunteer, is trained to provide guidance and information in the following areas: Medicare, Medigap, Medicaid, long term care insurance, and group insurance. He will be at our Senior Center on the fourth Monday of each month. Other days are also available upon request. Call the Senior Activity Center at 253-931-3016 for an appointment or to arrange for another day.

KING COUNTY METRO- ORCA CARD

MAR 21	W	9:30-10:30A
MAY 17	W	9:30-11:30A

If you are 65 years or older, you can receive a Regional Reduced Fare Permit for \$3 at Auburn Senior Activity Center. A representative will be here on the third Wednesday of every other month.

**SUPPORT SERVICES - CITY OF AUBURN****AUBURN TRANSIT SERVICE ROUTES**

The City of Auburn has contracted with King County Metro Transit to provide public transit services between selected points within the Auburn community on **Metro Routes 910 and 919**. Bus riders may also check Metro's schedules at <http://metro.kingcounty.gov/> for routes and most up-to-date schedules that may be affected by revised schedules or service cancellations on certain holidays.

Metro 910 operates fixed-route service between north and southwest Auburn via Auburn Station. It operates hourly weekdays from about 7:57a.m. to 4:45p.m., and on Saturday from about 8:25a.m. to 5:13p.m.. The route provides service from North Auburn to the Food Bank, DSHS, Valley Cities Counseling & Consultation, North Auburn Business area near Fred Meyer and Lowes, the Auburn Court Apartments, downtown Auburn including medical and shopping areas then heads southwest to the Supermall and YMCA. Fares range from \$2.25 for a peak period adult fare to 75 cents for Seniors, the Disabled and Youths (under 18 years of age).

Metro 919 overlaps with **Metro Route 910** in vicinity of the North Auburn Business area near Fred Meyer, Lowes, and the Auburn Court Apartments, before heading to downtown Auburn to serve medical and shopping needs. Then heading to Southeast Auburn the Library and Muckleshoot Casino. On weekdays, this route also serves Auburn Senior Activity Center with fixed-route service southbound, replacing a former Dial-a-Ride Transit (DART) service area. Saturday service route: When the senior center is closed, the route operates via Auburn Way S. The route 919 operates between approximately 8a.m. to 4p.m. weekdays and 8:30a.m. to 5p.m. on Saturdays. Fares range from \$2.25 for a peak period adult fare to 75 cents for Seniors, the Disabled and Youths (under 18 years of age).



CITY OF AUBURN HOUSING REPAIR

The City of Auburn offers low-income city resident grants for emergency home repairs. These grants help Auburn's low-income homeowners preserve and stay in safe and affordable housing. Eligible, single-family homeowners must have lived in their current home for at least one year and meet the income requirements of the program. For more information or to request an application, contact the City of Auburn's Planning Department at 253-931-3090.

AUBURN ALERT – CODE RED

The City of Auburn Emergency Management encourages residents and businesses in Auburn to register or re-register for the Auburn Alert emergency notification system, powered by Code-Red. The system provides emergency information and community notifications directly to residents via phone, including TDD/TTY systems for the deaf and hard of hearing. It has recently expanded to include notifications via e-mail, text message, and Twitter. You can also follow the City of Auburn on Twitter@coaupdates. While all land-line phones are automatically added to the system each year, residents with cell phones or Voice-Over-IP (VOIP) phones must manually enter their information into the system. To register, please visit www.auburnwa.gov and click on the Auburn Alert link or call 253-876-1925.

NLC PRESCRIPTION DISCOUNT CARD PROGRAM

The NLC Prescription Discount Card Program is available to Auburn Residents at no cost to the City or the individual. The card provides a discount that can offer a savings up to 20 percent off the retail price of most prescription drugs. This is no enrollment or membership or restrictions based on age, existing health coverage or income. Most major retail pharmacies accept the prescription discount card. For a complete list of participating retail pharmacies and to get a card visit www.2caremark.com.

BASIC CABLE SERVICE DISCOUNT

As part of its cable franchise with Comcast, the City of Auburn negotiated a discount on basic cable service for eligible subscribers that meet all of the following criteria:

- 62 years of age or older, or disabled;
- The legal owner or lessee/tenant of their residence;
- Combined disposable income from all sources does not exceed the federal Housing and Urban Development standards for the Seattle-Bellevue area.

If you meet the above criteria, call 253-931-4753 ext. 2 for more information.

SUPPORT SERVICES - COUNTY

SENIOR INFORMATION AND ASSISTANCE

Advocates have access to a computerized database of over 7,000 community services and can provide information about a number of available services for King County seniors.

206-448-3110

1-888-435-3377 King County only

1-800-562-0332 Pierce County only

SENIOR EMPLOYMENT SERVICE/AARP

Are you one of the many people who are bored with retirement and would like to get back to the world of people, action, and a paycheck, but don't know how? If you would like part-time work and are 55 or older with low income, call Senior Employment Service/AARP at 206-624-6698 for an appointment. Collect calls accepted. Open 8:30 a.m. to 4:30 p.m., Monday through Friday.

NEED HELP BUT DON'T KNOW WHERE TO TURN?

Dial 2-1-1 to find social services such as...

- Caregiver & Disability Resources
- Emergency Shelter
- Food & Clothing
- Health Care & Support Groups
- Rent Assistance
- Transportation
- Volunteering

Language interpretation available

King County

Crisis Clinic. United Way <http://www.211kingcounty.org>



HUMANE SOCIETY'S SENIOR PET FOOD PROGRAM

Through this program free pet food is delivered to our Senior Center. For more information and to sign up to participate, call the Senior Center at 253-931-3016.

MULTI-SERVICE CENTER ENERGY ASSISTANCE PROGRAM

This program helps households meet the financial challenge of increasing heat and light bills. Help is available for electricity, gas, and propane bills. Wood and oil payments are made directly to companies on behalf of households, in most cases. The level of assistance depends on type of housing, income, household size, and home energy usage. In addition, emergency furnace repair or replacement assistance is available for home owners only. For an appointment and application, call the toll free number 24 hours per day, 7 days a week, 1-800-348-7144. No customer walk-in appointments will be made.

PROPERTY TAX DEFERRAL PROGRAMS

Senior Citizens/Disabled Exemption qualifications include: annual household income of \$35,000 or less; own and occupy a house, mobile home, condo or co-op; 61 years

of age by December 31 of the previous year; or retired because of physical disability; or Veteran with a 100% service-connected disability, or a widow, or widower, or state registered domestic partner at least 57 years of age whose spouse or state registered domestic partner had an exemption at the time of death. Applications are available at the Senior Center. For more information, call King County at 206-296-3920.

Senior Citizens/Disabled Deferral qualifications for deferral of your property tax liability include: 60 or older or retired because of physical disability and have an income of \$40,000 or less. For more information, call King County at 206-296-3920.

HOME REPAIR -

REBUILDING TOGETHER, SOUTH SOUND

This Year Round Program is for persons with limited mobility, either elderly or disabled, and includes home modifications and emergency repairs intended to increase ease of use, safety, security, and independence. Examples are walk-in showers, grab bars, comfort toilets, wheelchair ramps, and widened doorways to give added safety and mobility in the home and easier access to the community. These construction projects may require many steps and may not be accomplished in a day. Emergency repairs are repairs that address leaking roofs or plumbing, or loss of heat. For more information, visit www.rebuildingtogetherss.org or call 253-238-0977.

MEDICARE INFORMATION CENTER

Are you confused about your Medicare bills, supplemental insurance bills, or other health related paperwork? Golden Care at Valley Medical Center can help with all these problems or concerns. This FREE service is available at Valley Medical Center by appointment only. For more information call 425-226-GOLD (4653).

OUTREACH WORKERS

Do you need help with Social Security insurance, medical, food stamps, economic security problems, chore help, general counseling, and/or referrals to other community service programs? Outreach workers provide assistance with these issues. For more information, call Senior Information and Assistance at 206-448-3110 or toll free at 1-888-435-3377.

VOLUNTEER CHORE SERVICES

This Catholic Community Service program provides FREE chore assistance to low-income elders and adults living with disabilities. Volunteers can help with a variety of chores including: light housecleaning, yard care, grocery shopping, and transportation. These volunteers are screened carefully through background checks, personal references, and an interview. To learn more about this program and the eligibility guidelines, call 1-888-649-6850 or 206-328-5787. Office hours are 8:30 a.m. to 4 p.m. Leave a message if calling after hours.

TRANSPORTATION SERVICES

Americans with Disabilities Act (ADA) Para transit

This program is for people who have a disability that prevents them from using a lift-equipped Metro bus, either sometimes or all the time. There is no income limit. People registered under ADA Para transit can use ACCESS transportation van service in all areas, on the days and at the time Metro buses operate. Riders may bring a personal care attendant if they are unable to use ACCESS transportation alone. They can also bring at least one friend on any trip. Reservations for ACCESS transportation van service can be made up to three days in advance by calling 206-205-5000. Metro ACCESS fare is \$1.25 each way.

KING COUNTY METRO REDUCE FARE PERMITS

Call Metro at 206-553-3000 or stop by the Senior Center for a permit application. All senior fares are \$.75.

VOLUNTEER TRANSPORTATION FOR SENIORS

Qualified volunteer drivers provide rides to medical appointments and local errands for seniors. To qualify, you need to be 60 years or older, a King County resident, and have no other transportation options available. For more information, call 206-448-5740 between 8 a.m. and 5 p.m.

LEGAL SUPPORT SERVICES

LEGAL SERVICE

The Young Lawyer's Section of the Seattle/King County Bar Association and City of Seattle sponsors free legal information, advice, and referrals to the public regardless of income level. They handle a wide variety of legal matters, including real estate, landlord/tenant concerns, debt problems, bankruptcy, consumer affairs, and accidents. No legal advice will be given over the phone. You will be referred to the nearest neighborhood clinic. Call 206-340-2593 Mondays through Thursday, between 9 a.m. and 12 p.m.

SENIOR RIGHTS ASSISTANCE PROGRAM

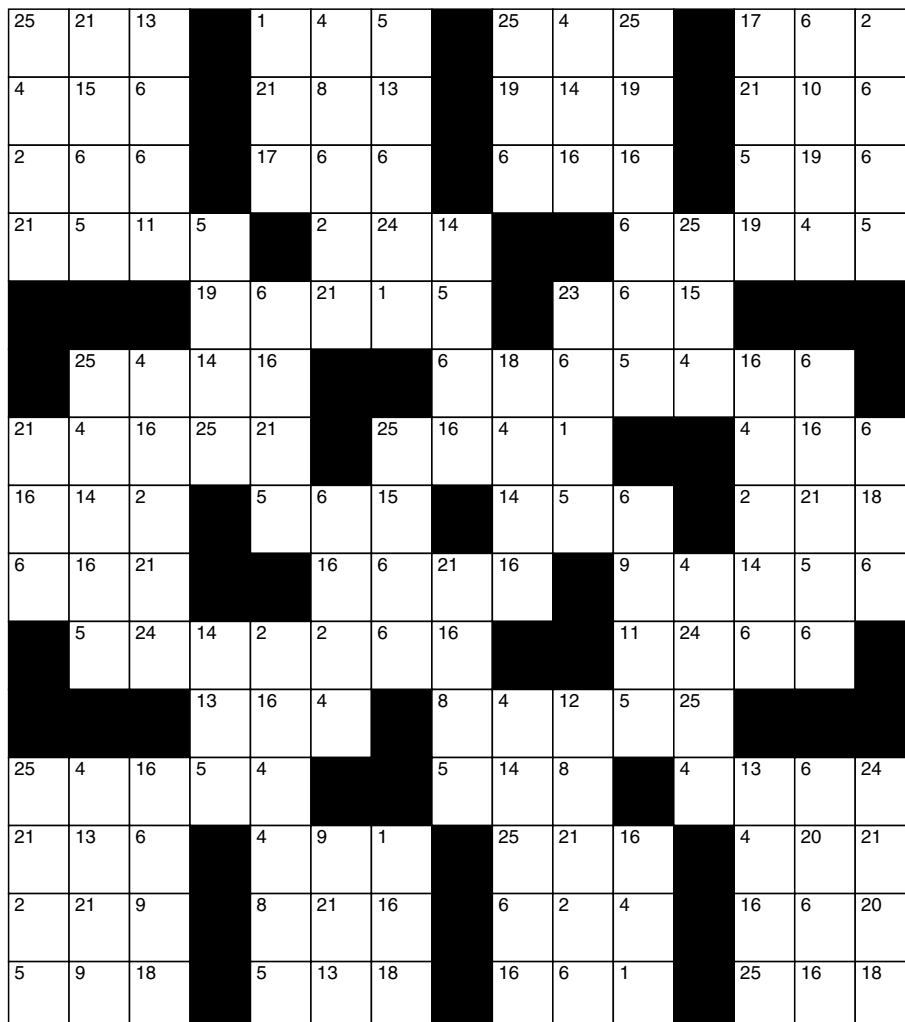
The program's trained volunteers provide FREE legal and consumer information to King County's older adults on a number of topics related to their rights and options, including estate planning, powers of attorney, wills, landlord/tenant issues, homeowner concerns, fraud, warranties, credit and debit management, kinship care, burial/funeral planning, and victims of crime assistance. SRA can also schedule a 30 minute appointment with an attorney at no charge to discuss powers of attorney, wills/probate, guardianship and estate planning. Call 206-448-5720 to speak with an SRA volunteer.

Brain Teaser solutions will be posted by the third Monday of the current brochure month. You can find the solutions above "Brain Teaser" drop box on the right side of the wall just before the South Entrance/Exit doors.

Clueless Crossword Puzzle #IM128MO

How to Solve a Clueless Crossword:

Think of a Clueless Crossword as a mix between a regular crossword puzzle and a cryptogram. Unlike many crossword puzzles, this grid is filled only with common, everyday English-language words - no abbreviations or other special "crossword" spellings are allowed. Each square in the grid is numbered 1 through 26, and each number corresponds to one (and only one) letter in the alphabet. Your goal is to completely fill in the crossword grid by gradually uncovering the letter that belongs to each number. We've given you three "giveaway" combinations - fill those into the solution grid and into any corresponding boxes in the crossword grid to get started. It helps to cross out each letter in alphabet as you use it in the grid, since no letter can be used more than once. Note that not all letters of the alphabet may be used in any given puzzle. If a number isn't used in the puzzle, it is greyed out in the solution grid. Good luck!



Solution Grid:

1	2	3	4	5	6	7
		N/A				N/A
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26		
N/A				N/A		

Giveaways:

#1 = D

#9 = L

#20 = V

A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z

5 FIVE WAYS TO REGISTER

Payment must be made when registering online, in person, by telephone, or by mail.

FIRST DAY OF THE "NEW BROCHURE MONTH" REGISTRATION PROCEDURES:

- Walk-in, online and telephone registrations begin at 8:30 a.m.
- First-Come, First-Served number distribution begins at 8 a.m.
- You may register yourself and two others for any activity, class, trip, special event, etc. **(See page 14 for hike and walk exceptions.)**
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is unusually heavy on the first registration day of the month in which the bi-monthly brochure is released.
- Mail In registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

REFUND/CREDIT POLICIES FOR TRIPS AND CLASSES

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

***If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:**

Repeat class at no additional cost.

Receive credit that may be applied to another activity.

Receive a refund with no administrative charge.

The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

1.

WALK IN:

Walk in registrations will be processed Monday through Friday, 8:30 a.m.-5 p.m. at the Senior Activity Center except on the first working day of the month. On the first working day of the month, we start assigning numbers on site at 8 a.m. See procedures above.

2.

VISA

MasterCard



ONLINE:

Auburn at Play
On-Line visit
www.auburnwa.gov for
24-hour convenience to register
with VISA/MasterCard.

3.

VISA

MasterCard



PHONE IN:

Telephone registration and sign-up for services will be accepted Monday through Friday, 8:30 a.m.-5 p.m.

253-931-3016

4.

MAIL IN:

Registrations will be processed after noon on the first working day of the registration month or the day received thereafter.



5.

VISA

MasterCard



FAX IN:

For 24-hour convenience fax your form with VISA/MasterCard information to **253-288-7444**. Your registration is processed the next working day. Please print clearly.

REGISTRATION FORM

AUBURN SENIOR ACTIVITY CENTER

Participant Last Name _____

First Name _____

Spouse Last Name _____

First Name _____

Address _____
APT. NO. _____

City _____ Zip _____

Home Phone (____) _____

Business Phone (____) _____

Email Address _____

Participant Birthdate _____ Gender _____

Spouse Birthdate _____ Gender _____

ACTIVITY NAME & PARTICIPANT NAME

BARCODE NO.

ACTIVITY FEE

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

CREDIT CARD INFORMATION



VISA OR MASTERCARD #

EXP. DATE

PLEASE PRINT NAME OF CARDHOLDER

TOTAL DUE

\$

**PLEASE MAKE CHECKS PAYABLE TO:
AUBURN SENIOR ACTIVITY CENTER**

Assumption of Risks/Exculpatory Clause: For and in consideration of the opportunity offered to me to participate in the above-named activity/activities offered by the Auburn Parks, Arts & Recreation Department, I, as evidenced by my signature below, do hereby hold harmless, release and waive all claims I may have against the City of Auburn, its officials, employees, agents, or contracted instructors, and any other person(s) involved in this activity for any and all injuries, losses or damages suffered by myself as a result of my participation in this activity/activities. I accept full responsibility for the cost of treatment for any injury, losses, damages or death suffered by myself while taking part in this activity/activities. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

Signature

Date

BROCHURE SUBSCRIPTION
\$12 Annually 6 issues
#36205

NEWCOMER REGISTRATION
March #36202
April #36203



Auburn's Blue Print: Community Volunteers

Community Volunteer Luncheon

Thursday, April 19
11:30 a.m. - 1:30 p.m.

Hundreds of volunteers donate their time for the betterment of the Auburn Community. They are always ready and willing to complete a challenge. We will celebrate their ability to beat the clock at our Annual Community Volunteer Luncheon.

Menu: Pulled Pork Pork Sandwiches
Coleslaw
Vegetarian Baked Beans
Dill Pickle Wedge

Dessert: Apple Crisp ala Mode

\$4.50 SUGGESTED DONATION | ALL OTHERS \$8 | #36448
Senior Center Participants age 60+

Wellness Raffle:

In an effort to raise money for the Wellness Program, The White River Valley Museum is sponsoring a raffle, with proceeds going to Senior Center Wellness program. Plan now to win a basket filled with FUN! Tickets are \$1 each. You need not be present to win. Winner will be drawn April 19 at the Volunteer Luncheon. Buy a ticket and support wellness!

Co-sponsored by Longhorn Barbecue

Tendin' the pits since '56



Longhorn Barbecue

Auburn Parks, Arts & Recreation
Senior Activity Center
808 Ninth Street SE
253-931-3016 | www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED



**REGISTRATION STARTS
MAY 1**

Tulip Festival in LaConner

AUBURN PARKS, ARTS & RECREATION

SENIOR ACTIVITY CENTER

808 Ninth Street SE, Auburn WA 98002

253-931-3016 • www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED